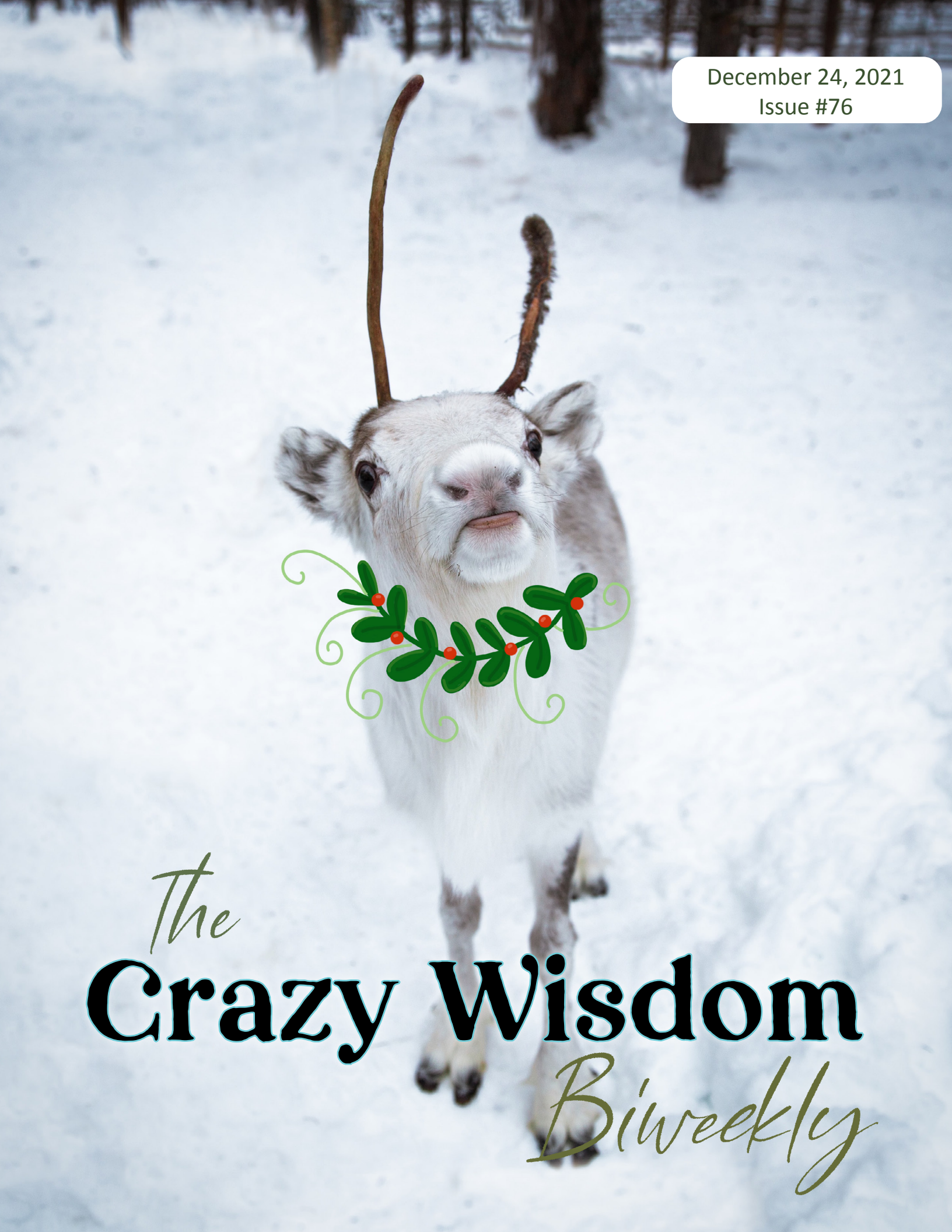
December 24, 2021
Issue #76



The Crazy Wisdom Biweekly

shining a light in the dark
love,
happiness
Wish
Published by The Crazy Wisdom Community Journal.

The Crazy Wisdom Weekly

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
January through April 2022 - Issue 79
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Master Wasentha Young
Moving Meditations and
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Lou Weir and the Diamond Approach
Trading In Harmful Landscaping Habits for Healthy Sustainability
• Community Farm Update • Full Moon Ceremony • Remembering Linda Diane Feldt • Yoga Column •
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• Dreaming Dangerously • Supporting Mental Health During Pregnancy • Kids Volunteering • Mindful Awakenings •
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Featuring: Lou Weir and the Diamond Approach, What We Can Predict by Rev. Marie Duquette, Moving Meditations, Faith and Doubt, our kids book picks, handcrafting column, restaurant reviews, calendar of events, and more!

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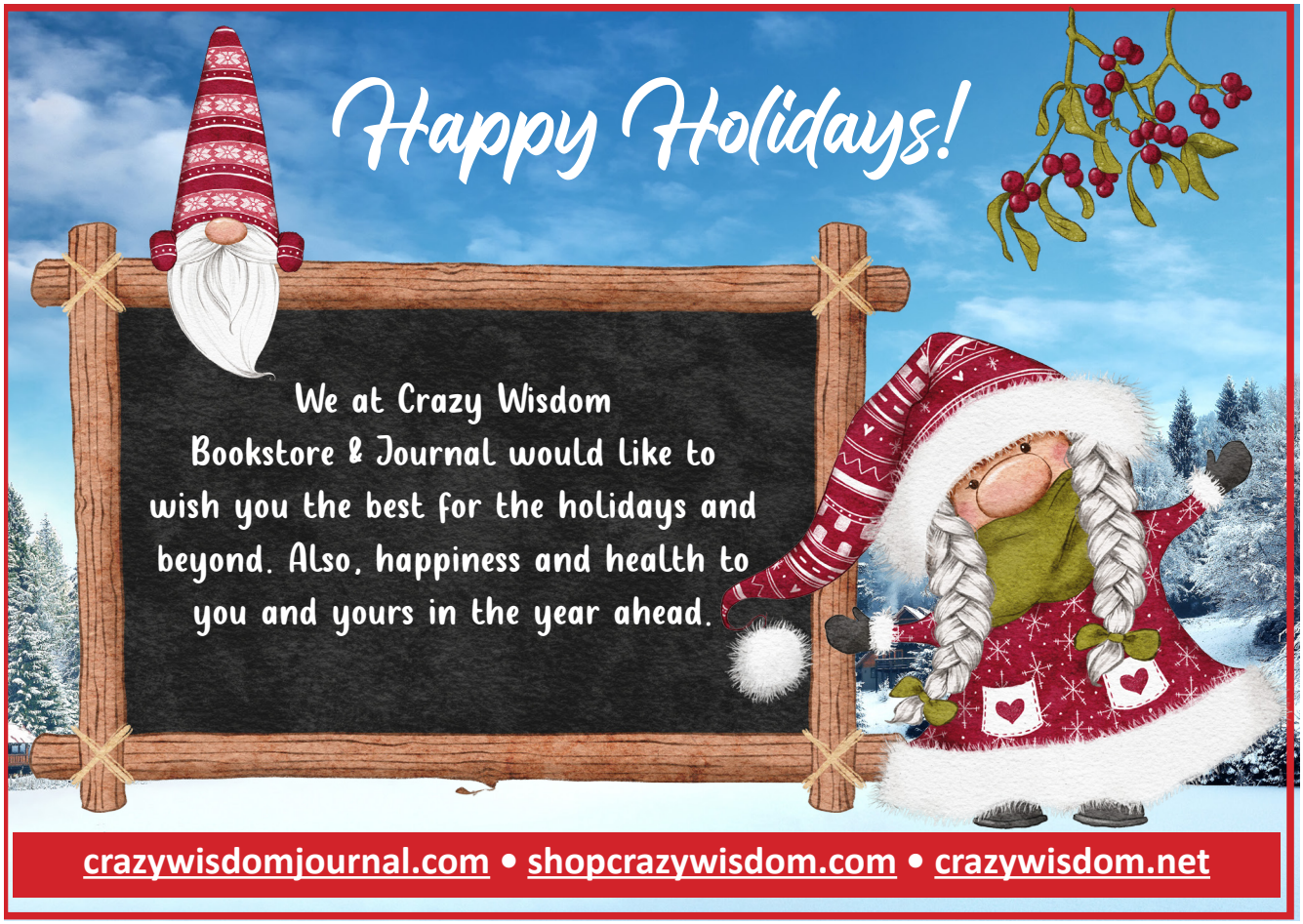
Happy Holidays!
We at Crazy Wisdom Bookstore & Journal would like to wish you the best for the holidays and beyond. Also, happiness and health to you and yours in the year ahead.
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Thank you to our contributors for this issue:

Anna Fernandez
Madonna Gauding
Alaina Lightfoot
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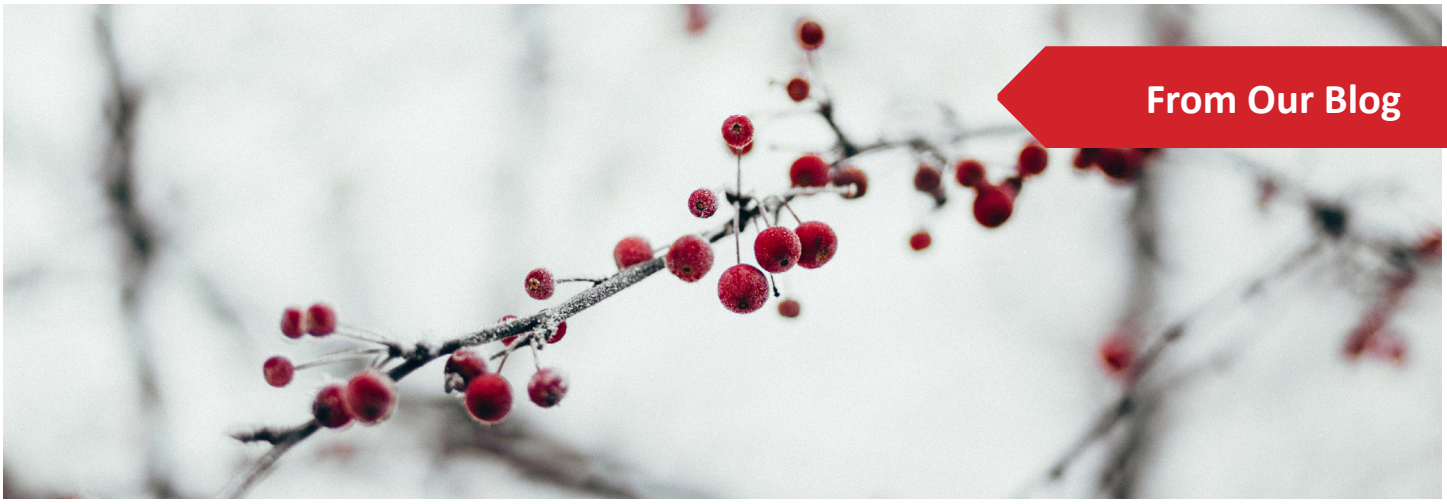
Bill Zirinsky

Word of the Week:

Ubuntu

The belief that we are defined by our compassion and kindness toward others.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



From Our Blog

Root Medicine and Winter Tonics

By Anna Fernandez

The life force in a biannual or perennial plant is evident in the greenness of its leaves and the vibrancy of its flower. As it begins to die back in the fall, that life force is not lost; it is transferred into the root, which embraces it and keeps it safe until the next growing season.

Thinking of it this way, when using roots as medicines, one can see why the best time to harvest such a treasure is in the late fall or early spring — when the life force is still strongest in the root.

Winter is an important time to take certain root medicines because of the nature of our winter lifestyles; eating heavier foods and spending less time outdoors results in less digestive vitality and lack of activity, which can make us vulnerable to illness. Certain roots can be taken daily over time to restore and tone the organs and systems, bringing about overall health and well-being and potentially preventing imbalance and disease. Herbs taken in this way are called tonics. Other roots are taken for a short duration in response to acute symptoms.

Many local Michigan plants have roots that are considered tonics. Some are abundant, well known, and considered to be like a food. Others are more medicinal and often harder to find. Southeast Michigan boasts an array of both.

Dandelion root is an easy-to-find tonic herb known for its nutritive value. It is gentle yet effective for improving liver, gallbladder, and overall digestive function, and it may also help normalize blood sugar levels. This underutilized plant may play a key role in preventative medicine.

Burdock root is rich in minerals and can be eaten in stir-fries and is great in soups. Burdock is used as a tonic to support the liver and aid in digestion. It helps to restore normal function by improving metabolism and aiding in the elimination of waste products. This root also stimulates circulation in the skin and is frequently used for skin conditions, especially ones of the dry and scaly variety that often present during the winter months.

The root of the Astragalus plant is used as an immune tonic to strengthen the overall immune system, build resistance, and prevent common infections. Mild in flavor, it is a great addition to hearty winter soups.

Adaptogens are a group of herbs considered to be the ultimate tonics. Many of the most highly revered adaptogens are roots. These herbs increase overall health and vitality by modulating the body's response to stressors via the endocrine system, which in turn boosts immune and nervous system function. Some adaptogen roots include Ginseng, Ashwagandha, Eleuthero, and Licorice.

Echinacea root, although not considered a tonic, is widely used as an immune boosting herb taken over a short duration in frequent doses at the first sign of a sniffle. It boosts white blood cell count and encourages the body to do the housecleaning necessary to stay healthy.

These roots can be harvested and made into winter medicines, including teas, tinctures syrups, capsules, and so on. Alternatively, you can find them in many forms at your local herbalist or health food store.

These roots are a small representation of herbs available for maintaining wellness. It makes sense that the deep, earthy energy of roots would play a role in helping us stay healthy in the long, dark, and cold winter months.

Anna Fernandez is an herbalist and the owner of Mother Bloom Botanicals. She's also a midwife with New Moon Midwifery. She lives outside of Chelsea on a small farm with her husband and two children. She can be contacted at anna.motherbloom@gmail.com.

From Issue #79

Bringing Youthful New Leadership to Jewel Heart

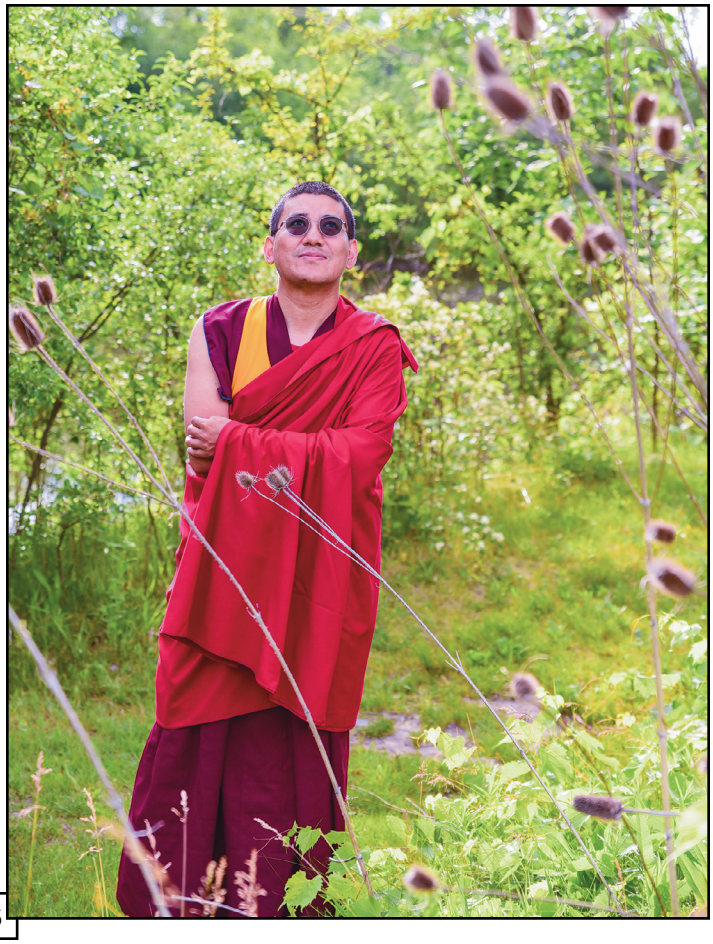
The Crazy Wisdom Interview with Spiritual Director Demo Rinpoche

By Madonna Gauding
Photography by Hilary Nichols

(Editor's Note: Here's some historical context for this in-depth interview with Demo Rinpoche, Resident Spiritual Director of Jewel Heart Tibetan Buddhist Learning Center, based in Ann Arbor. Jewel Heart was founded in the mid-1980's by Gelek Rimpoche, Aura Glaser, and Sandra Finkel. Gelek Rimpoche was an incarnate lama within the Gelugpa tradition of Tibetan Buddhism. "Rinpoche" means "previous jewel" in the Tibetan tradition, and it is an honorific most often given to someone recognized as a reincarnation of a previous master.

Jewel Heart has had an impact not just locally, but nationally and internationally, as a center for Buddhist teaching.

A few years before Jewel Heart's founding, in 1982, Aura Glaser founded Crazy Wisdom Bookstore, which she located on East Ann Street. She moved the store to North Fourth Avenue in 1984. Glaser sold the bookstore to Jonathan Ellis and Bill Zirinsky in 1989. Jon Ellis departed after four months but has remained a trusted mentor. Bill Zirinsky and Ruth Schekter, husband-and-wife, have shepherded forth the bookstore for the last 32 years. They moved the store to Main Street in 1999 and added a Tea Room. The Crazy Wisdom Journal *began in 1995. In its January thru April 2001 issue (# 17), the cover story was Zirinsky's multi-dimensional 16,250 word interview with Gelek Rimpoche. It is still available on our archive at: http://bit.ly/gelekrinpoche. So, Crazy Wisdom's connectedness to Jewel Heart goes back many years.)*



Demo Rinpoche, a 40-year-old Tibetan Buddhist monk and incarnate lama, who has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision, now lives on his own in a simple apartment in Ypsilanti, Michigan. He is the nephew of the late Gelek Rimpoche, founder of Jewel Heart Tibetan Buddhist Learning Center. Since 2018, he has served as Jewel Heart's Resident Spiritual Director. He is available to teach anyone who would like to learn about the Tibetan Buddhist path.

Rinpoche has an impressive resume of lifelong monastic and religious studies starting at age five, when he entered Drepung Loseling Monastery in Mundgod. He officially joined the monastery in 1987 where he spent nearly thirty years of uninterrupted education in meditation, debate, memorization, philosophy, and composition under the Dalai Lama's direct supervision. After completing his studies at Drepung, Rinpoche received the highest monastic degree of Geshe Lharampa from Gelugpa University in India in 2011. He continued his studies at Gyume Tantric College and was a visiting scholar under the auspices of the Dalai Lama at Sarah College of Higher Tibetan Studies in Dharamsala. At the request of the late Gelek Rimpoche, Demo Rinpoche came to the United States, where he received his master's degree in Inter-Religious Engagement from Union Theological Seminary in New York City in 2018.

Please note: Demo Rinpoche spells "Rinpoche" with an "n" while Gelek Rimpoche spelled "Rimpoche" with an "m" later in his life.

Madonna Gauding: Hello Rinpoche, it's great to have this opportunity to talk with you. I would like to introduce you to the Crazy Wisdom community, let them know about your background and how you came to teach at Jewel Heart Tibetan Buddhist Learning Center in Ann Arbor. Let's start with your relationship to the late

Gelek Rimpoche, the founder of Jewel Heart, who passed away in February of 2017. Can you tell me how you are connected?

Demo Rinpoche: In this life, Gelek Rimpoche was my uncle. I am the son of his youngest brother. That is one relationship. Then, in the Tibetan Buddhist tradition, we have this system of reincarnation. In that system, I am the reincarnation of Gelek Rimpoche's father, who was also my grandfather, the late Demo Rinpoche. My grandfather was the 10th reincarnation of the first Demo Rinpoche, and I am the 11th.

Madonna Gauding: When did you first know your uncle, Gelek Rimpoche?

Demo Rinpoche: I met him for the first time in India, in 2001, when I was about 20 years old. At that time, he invited me to visit him in Ann Arbor and to meet his students at Jewel Heart. My first visit was in 2006, and after that, I visited him often, about every two years. During that time, he encouraged me to consider a Western university degree after I completed my monastery training. In 2016, at his request, I began my studies toward a master's degree in Inter-Religious Engagement at Union Theological Seminary in New York. Unfortunately, my uncle, Gelek Rimpoche, passed away in 2017. It was his wish that, after I finished my degree, I make myself available to teach Jewel Heart sangha members. Even though Jewel Heart has branches in New York, the Netherlands, Singapore, and elsewhere, I felt it would be best to be with the community in Ann Arbor. In 2018, after I completed my degree at Union Theological Seminary, I moved to Ann Arbor and became the Resident Spiritual Director of Jewel Heart.

Madonna Gauding: A lot of people are intrigued by the reincarnation system in Tibetan Buddhism, so I would like to explore that a little further. How old were you when you were identified as the reincarnation of your grandfather, the 10th Demo Rimpoche?

Demo Rinpoche: I was about five years old when several incarnate lamas recognized me as the reincarnation of Demo Rinpoche. They felt I was different than other kids my age and saw several other signs that led them to that conclusion, but they wanted to know if His Holiness the Dalai Lama would agree. Around that time, my parents had wanted to visit His Holiness and they took me with them to his residence in Dharamsala, India. The first moment the Dalai Lama saw me he said, "Welcome Demo Rinpoche!" That was a bit of a shock. Six months after that meeting, after conducting special meditations and tests, the Dalai Lama confirmed I was the reincarnation of my grandfather, and I became the 11th Demo Rimpoche. After my official recognition, His Holiness arranged for me to go to Drepung Loseling Monastery in Mundgod, India because, before the Chinese takeover, when Drepung Loseling was in Tibet, all the Demo Rinpoches had trained there. So, in 1987, at the age of five, I joined Drepung Loseling.

MG: Was it hard to leave your parents and your family at such a young age?

DR: In the beginning I missed my parents, but after a short while I became used to life in the monastery. None of the other kids had their parents with them and my tutors took good care of me, so I didn't feel lonely. When I first came to the monastery, I was a little kid and not yet capable of learning Tibetan philosophy and dharma teaching. So, my first years were spent learning how to read, write, and memorize. Then, when I was ten years old, I started my formal monastic training and began attending dharma teachings. I lived and studied there for quite a long time and eventually received the highest monastic degree, the Geshe Lharampa degree, in 2011.

MG: I understand that monastic training involves a lot of memorization. That's something we don't do in the West. Our kids rarely learn to memorize. After you got your Geshe Lharampa degree, you went on to study at the Gyume Tantric College in Karnataka, India. Was the training different than at Drepung Loseling?

Photo courtesy of Jewel Heart

DR: Both the training and daily life were different at Gyume. We had some religious studies, but we spent a lot of time doing spiritual practice, saying long prayers and sadhanas. We would get up really early in the morning, sometimes one or two a.m. They would tell us at the last minute in the evening when we were going to be awakened the next morning, and it would be different every day. We would be in prayer session until the afternoon, maybe three or four o'clock. It was really just a lot of intensive practice. We could take a break for maybe 15 minutes. That was it. At Drepung Monastery, we had our daily spiritual practice, but we spent a lot of time in teachings. Then, we would also practice debate. Our way of debating is a special invention of Tibetan Buddhism. In India, there had always been religious debate, where two people would present opposing views of a topic. The Tibetan system is unique. It is very formal and physical and takes place outside in a debate yard. There are lots of rules. One person sits and the other stands, and every point the standing person makes, he has to make a hand gesture and move in a certain way. He is required to follow certain rules of logic, and to use certain language. This is a very active and dynamic form of debate. There is no way one can debate in a sleepy mood...

Read the rest of the article online!

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Events

Sound Baths
Classes
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Rob Meyer-Kukan is a Licensed Massage and Sound Therapist, a Natural Health Educator, and a lifelong musician. He uses his extensive anatomical knowledge, coupled with his passion for natural health practices to help others hear, see, and feel true wellness.

7 Notes Natural Health
HEAR, SEE, AND FEEL TRUE WELLNESS
EST. 2015

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www.7notesnaturalhealth.com

From Our Archives

How Your Grandmother Paved the Way for Green Living

By Alaina Lightfoot

My grandmothers were many things. Wise, kind, the best at giving hugs, and the best at baking cookies, as I'm sure your own grandmothers were. When I look around at things as they are today, I often wonder what my maternal grandmother, who lived her life as a farm wife, would have thought of the fast pace of our current world. I don't have to wonder what she could have taught me about the ongoing efforts I make to live more sustainably, though. I learned those tips from watching both of my grandmothers throughout my life. In fact, you may have noticed these patterns in your own life if you were fortunate enough to have spent time with older relatives growing up. I've compiled five of what I consider my grandmothers' best sustainable living methods. Practices which came to them as naturally as baking cookies and loving their grandchildren.

Minimize Your Daily Travel

I don't mean this tip in the sense that we should be more conscious about our vacations (although that is an important thing to consider, that's a point for another day). I mean that if you think back, you may remember your own grandmother having some kind of "errand day." Mine lived on a farm 15 miles from the nearest town. When she would go shopping, she'd do it for a few weeks at a time, and she'd compress all her errands into one day so as to not have to drive back and forth multiple times. By doing this, she saved herself countless trips and probably loads in carbon emissions from her drives. Think about what errands you can squeeze into the same day or even the same side of town. Many people do this naturally! Taking it a step further, many people in the 1950s and 60s who were in more urban environments would walk between multiple stores, minimizing their drives as much as they could.

Reuse and Repurpose

I'm not encouraging you to turn your home into the kind where no yogurt container is thrown away, but think of what ordinary things you have on hand that can be reused. Who hasn't opened a butter tub in the fridge at Grandma's only to find it contains leftovers? Or pried open a biscuit tin only to discover it full of sewing supplies? Do you need the latest in aesthetic zero waste storage solutions, or would rinsing out that old pasta sauce jar work just fine? Our grandparents were prolific at getting their money's worth from things and, as a result, often diverted perfectly good items from the landfill while managing to not contribute more to the waste stream by buying a new product they didn't really need.

Find the Substitute

There's an old saying from the WWII Era in the United States: "Use it up, wear it out, make it do, or do without." That last tip, "do without," while great for the environment—as it means not rushing out to buy the latest of something every time it's available—can seem daunting. I like to think of it as a challenge. My grandmothers certainly did! Instead of thinking of it as "doing without," I think of it as finding the substitute. Do I need to run to the store just to buy another can of black beans, or will pinto work okay in this recipe? Do I have to have the latest crop top this season, or can I repurpose a shirt I have on hand? I noticed my grandmother would alter clothes that were going to be passed down for each of her four daughters so that they would feel fresh and new. This helped divert waste from landfill and cut down on consumption of new goods too!

Gardens Are a Girl's Best Friend

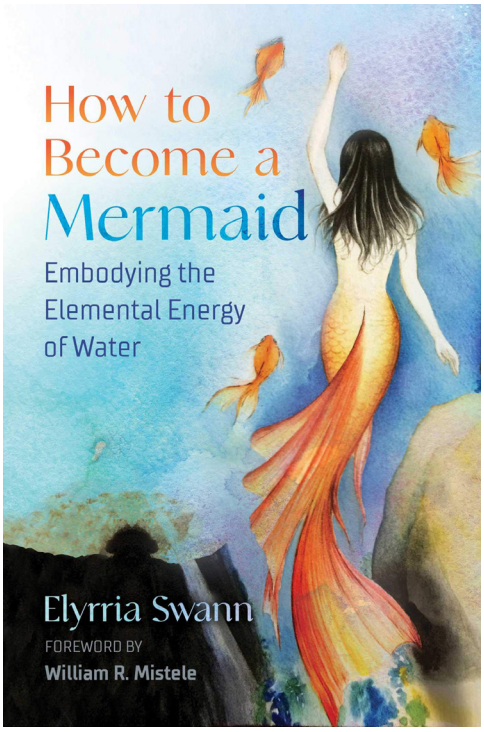
Don't tell Marilyn Monroe, but in my grandmother's opinion, a garden, not a diamond, was a girl's best friend. While it may not be practical for everyone to grow their own food for a litany of reasons, you may have something you can grow for yourself in your home. The shortest supply chain for food, and therefore the one with the least environmental impact, is the food you grow at home. Sure, not everyone has time for a full-fledged garden, but maybe you could grow a tomato plant on your back porch or start an herb garden in your window. Don't be afraid to start small and try something new. I personally didn't inherit my grandmother's green thumb, but it may be worth a shot to see if growing some of your own food at home might work for you. If you're in an apartment, a dorm, or another small space, try looking into some creative gardening solutions online. You'd be surprised what you can do with limited outdoor space!

No, Plastic is Not Okay

Grandma may not have had a cute reusable tote bag she took with her to the market, but she did opt for paper bags, because the plastic ones weren't as widely available or popular in her era. If you're able, opting for paper bags over the thin plastic ones that are extremely difficult to recycle, can be a huge help for the environment. They're sturdier and can fit more in than plastic bags as well. Try to opt for this green option like Grandma did, whenever you can.

Our grandparents may not have mastered the art of sustainable living, but like many things in our lives, they laid incredibly firm foundations for us to build on and learn from. Take into account their wisdom. Just because something is the way it has always been done doesn't automatically mean it's the better way to live. However, when it comes to these tips, it turns out Grandma really did know best.

Crazy Wisdom Book Pick of the Week



Anyone can become a mermaid. To do so, you must develop the vibration of water in your energy field and learn to perceive as mermaids do. In this how-to guide, Elyrria Swann shares her personal experiences, beginning at age 10, with astral mermaids, water spirits, and other magical creatures and offers wisdom and practical lessons from the watery kingdom to reveal the path to becoming a mermaid.

Swann details how to connect to water as a living presence and awaken to its magic, as she did as a child. Exploring how to develop mermaid energies, she shows how to make friends with fish and develop personal and spiritual connections with them and other aquatic animals, including how to communicate through dreams, meditations, and visions. She explains how to embody the vibration of water in your energy field by integrating archetypes of water spirits and watery concepts such as empathy, unconditional love, eco-consciousness, and stillness. She explores how to develop relationships with astral allies like krakens, gorgon medusas, and selkies as well as protection techniques to use when making contact with spiritual beings. Channeling the merfolk she has built personal relationships with, Swann sheds light on the inner workings of the mermaid realm, offering insight into their innermost thoughts, states of being, and how they live.

Get your copy of *How to Become A Mermaid* at Crazy Wisdom Bookstore.

Dear Crazy Wisdom Journal Readers,

We are in the planning stages of expanding our publications and would love to know what you think about the Journal. We are offering **15% off any purchase at shopcrazywisdom.com** for 5 minutes of your time to answer a few questions about how you read the magazine and what you might like to see in the future from us as we grow. Thank you in advance for participating!

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Annual Trip to Hermit Island, Maine

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The Crazy Wisdom weekly Calendar

A Course in Miralces

A Course in Miracles Study Group via ZOOM with Rev. David Bell • Weekly Mondays: January 3 – April 25 • 7 - 8:30 p.m. • Discussion of A Course in Miracles. Free. Donations welcome. Contact Interfaithspirit.Org/Events.

A Course in Miracles Study Group via ZOOM with Randall Counts • Weekly Thursdays: January 6 – April 28 • 12 - 1:30 p.m. • Group study of A Course in Miracles. Free. Donations welcome. Contact Interfaithspirit.Org/Events.

Art/Crafting

Sculpting with Earth with Deanne Bednar • Friday, January 28 or Saturday, January 29 • 1 - 5 p.m. • Learn how to source, mix, and sculpt with earth/local subsoil. Enjoy making a project to take home. Tour sculptures in the Strawbale Studio. $35. Contact strawbalestudio.org.

Book Discussion Goups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Usually Second Monday: January 10, February 14, March 14, April 11 • 7 - 8:30 p.m. • Enjoy lively discussion on monthly Buddhist– related book selections with our community. All are welcome. $Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734–994–3387. For more information, visit www.jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly Sundays: January 2 to April 24 • 11 a.m. - 12 p.m. • Weekly Sunday morning talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion (12:15 – 1:15 p.m) based on the morning talk. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org. For more information, visit www.jewelheart.org.

JissoJi Zen Ann Arbor Meditation - Half-day Sitting with Rev. Taikodo Marta Dabis • Monthly, Second Sunday: January 9, February 13, March 13, April 10 • 8:15 a.m. - 12:45 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by dharma talk at 11:00 am. Free. Donations welcome. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Practical Buddhism by Gelek Rimpoche with Gelek Rimpoche • Weekly Tuesdays: January 11 - April 26 • 7 - 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Bridging Sutras and Tantras with Glenn Mullin • Weekly, five Tuesdays January 12 to February 9 • 7 - 8:30 p.m. • A hands-on exploration of the Buddhist meditative technology for a balanced practice fulfilling all aspirations of samsara and nirvana: the syncretic approach perfectly unifying the open and the secret teachings of the Buddha. $120 Jewel Heart Members/$150 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Weekly Thursdays from January 13 - April 28 • 7 - 8 p.m. • Shantideva's Bodhisattva's Way of Life was composed in the 8th century and is among the most beloved and inspiring works in the Mahayana Buddhist tradition. With the motivation of unselfishly helping others, a bodhisattva aspires to follow in the footsteps of the Buddha. Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals. Members $95 / $120 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Melody of Emptiness with Demo Rinpoche • Saturday, January 22 • 10 a.m. - 1 p.m. • Demo Rinpoche shares his understanding of Melody of Emptiness, Changya Rolpai Dorje's exquisitely composed song that reveals how we can recognize the true nature of reality. Members $60 / $75 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Ceremonies, Celebrations, and Rituals

New Year Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • Sunday, January 2 • 2 - 3:30 p.m. • Welcome the New Year with the joyfully simple act of tea drinking. We'll take time to reflect on the past year and will pave the way for the upcoming year while tuning into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to Self, to the stillness of the mind, and to our authentic community. $40. Contact courtney@veraposeyoga.com; victoriaschon.com/event-calendar.

Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • January 15, February 20, April 23 • 4 - 5:15 p.m. • An opportunity to enjoy the joyfully simple act of tea drinking. We leave the complexity of life behind for a while as we tune into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to Self, to the stillness of the mind, and to our authentic community. $35. Contact courtney@veraposeyoga.com; victoriaschon.com/event-calendar.

Sacred Cacao Ceremony with Victoria Schon • Sundays, January 16, 30, February 13, 27, March 13, April 3, 24 • 4-5:30 p.m. • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation with intention in a backdrop of sacred sound, our soul is nourished, our hearts open, and we experience greater spaciousness. It is a time for deeper reflection and connection. 3173 Baker Road, Dexter, Michigan. $40. Contact victoriaschon.com/event-calendar.

Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: January 30, February 27, March 27, April 24 • 11 a.m. - 1 p.m. • Participate in a traditional Japanese Soto Zen Full Moon Ceremony as practiced at the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. Free. Donations accepted. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Channeling

Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: January 16, February 20, March 20, April 10, May 15, June 12 • 2 - 5 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. In Remembering Wholeness as we continue, I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation: $10-$30 individual; $90-$180 winter/spring. Contact om@deepspring.org.

Evenings with Aaron, channeled by Barbara Brodsky • Monthly Tuesdays: January 18, February 15, March 15, April 12, May 17 • 7 - 9 p.m. • Unlike the previous years' Aaron evenings, where I often simply spoke about a timely topic, my focus this year will be weaving the themes of The Eden Project together. All are welcome. You need not be in The Eden Project classes to find value in these talks. Suggested donation - $10-$30 per session; $90-$180 for winter/spring. Contact om@deepspring.org.

Children and Young Adults

Youthful Spirits Class for Young People via ZOOM with Heidi Kaminski • Sundays, January 2 - April 24 • 1 - 2 p.m. • Spiritual discovery for young people on Zoom. Free. Donations accepted. Contact Interfaithspirit.Org/Events.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) with Karen Greenberg • Sundays, January 16, February 27, March 20, April 24 • 1 - 3 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." $50/session. Contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

Cohousing

Cohousing Tours with Cohousing Tour Leaders • Sunday, December 26 • 2 - 4 p.m. • Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr. $Free. Contact 734-274– 9110 or info natureandnurtureseeds.com; natureandnurtureseeds.com.

End-of-Life Doula Training with Patty Brennan • Saturday and Sunday, January 22 - 23 or March 5-6 • 9:30 a.m. - 3 p.m. • ONLINE. End-of-life doula online training covers how to provide comfort and support to the dying person and their loved ones. Topics include: advance care planning, vigil support, legacy projects, home funerals, green burial, caregiver burnout and respite care, bereavement support, and more! Two-day workshop plus self-paced study modules. $697. Contact Patty Brennan at 734-663-1523.

Death Cafe via ZOOM with Rev. Annie Kopko • Monthly, First Tuesdays: January 4, February 1, March 1, April 5 • 6:30 - 8 p.m. • Join us for a discussion of death and dying. Free. Donations welcome. Contact Interfaithspirit.Org/Events.

Energy Healing

Qigong with Master Wasentha Young • Thursdays, January 13- April 14 • 11:15 a.m. - 12:15 p.m. • Feeling like you could use some self-care techniques that will help to give you an energy cleanse and revitalize your sense of well-being?

During these sessions you can learn basic qigong stretches, breathing and visualization meditations, and self-acupressure (acu-points used in acupuncture) for just this purpose. $180. Contact Info@peacefuldragonschool.com, 734-741-0695; peacefuldragonschool.com.

Chakra Healing Series with Mariah Alise • Monthly, Third Sundays starting January 16 • 9 - 11 a.m. • The healing and alignment of the seven chakras can provide balance, clarity, and fortitude. You can take all seven classes or select individual classes to attend and focus on specific areas. This experience will include detailed and descriptive exercises, plant-based foods, natural oils and herbs, and other tools that are used daily to help strengthen and fundamentally rebuild each chakra. $275. Contact Mara Evenstar, evenstar.institute@gmail.com; evenstarschalice.com/courses.

Holistic Health

Acudetox Community Ear Acupuncture with Virginia June • Every Monday, January 3 – April 25 • 5 - 6:30 p.m. • Drop in Acudetox Ear Acupuncture. $20.00 per person. Contact whitewolfhealing.com.

Midweek Wellness Workshops with Liza Baker • Monthly, First Wednesdays: January 5, February 2, March 2, April 6 • 9 - 10 a.m. • Join for a midweek wellness workshop. We'll cover a wide range of holistic health topics, from the best way to eat to how to get better sleep to how to invest your energy rather than trying to manage your time. $20 + processing fees. Contact liza@simply-healthcoaching.com; eventbrite.com/o/simply-health-coaching-352-503-5623.

Hypnosis

Learn About Self-Hypnosis with Conrad Welsing • Tuesdays, January 11 and 18 • 6 - 8 p.m. • Do you want to understand more about the science behind hypnosis? In this two-session on-line class you will learn techniques to engage the mind, body, and emotions. Come learn and practice self-hypnosis in this workshop. Find the power to change you. $39. Contact connexttext.com.

Intuitive and Psychic Development

Focused Mind Meditation with John Friedlander • Sundays: Jan 2, Feb 6, Mar 6, April 3 • 9 a.m. - 12 p.m. • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability; as well as a whole new level or mental clarity and spiritual openness. $15. Contact Violeta Viviano at 734-476-1513, mvaviviano@gmail.com; pyschicpsychology.org.

Teleconference: Psychic Psychology Women's Group with John Friedlander • Monthly, First Tuesdays: January 4, February 1, March 1, April 5, • 7 - 8 p.m. • For women only, meditations concentrating on women's issues relative to biological energies

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as well as that of the aura. $125. Contact Violeta Viviano at 734-476-1513, mvaviviano@gmail.com; pyschicpsychology.org.

Exploring Core Techniques and Advanced Material with John Friedlander • Thursday, January 20, 7-9 p.m.; Friday, January 21, 7 – 9 p.m.; and Saturday, January 22, 10 – 12 a.m. and 2 - 4 p.m. • New material introduced with continued development of advanced material and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission of instructor. Also available as teleconference $275. Contact Gilbert Choudury at gChoud@yahoo.com; psychicpsychology.com.

Meditation

Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, through December 27, • 12 – 1 p.m. • Sagolla leads a 30 – 40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization and contemplative meditations. $Free, but donations are welcome. To register, visit jewelheart.org/free–weekly–virtual–programs. For more information, visit jewelheart.org, call 734–994–3387, or email programs@jewelheart.org.

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays January 2 to April 24, 2022. • 9:30 - 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. $Free, but donations are welcome. To register, visit jewelheart.org/free– weekly–virtual– programs. For more information, visit jewelheart.org, call 734–994–3387, or email programs@jewelheart.org.

Chakra meditation and Sunday Services with Lighthouse Center staff • Every Sunday, January 2 – April 24 • 10:30 a.m. - 12:30 p.m. • Meditating 10 minutes on each of 7 chakras and/or a Sunday Service. Free. Contact lighthousecenterinc.org.

Zen Meditation in the SFZC Suzuki Lineage with Rev. Taikodo Marta Dabis • Sundays, January 2, 16, 23, February 6, 20, March 6, 20, April 3, 17 • 11 a.m. - 12:30 p.m. • Sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by noon service and informal check-in. Everyone is welcome. Free. Donations welcome. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102; jissojizen.org. Silent Meditation Practice with Celeste Zygmont • Weekly, Sunday 11 a.m.- 12 p.m.; Tuesdays 9 – 9:30 a.m. • All levels of meditators are welcome. Held via Zoom. No instruction. Donation. Contact om@deepspring.org; 734.477.5848; deepspring.org.

Meditation Healing and Compassion Meditations with Hartmut Sagolla • Weekly Monday: January 3 - April 25 • 12 - 1 p.m. • Guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free. Donations welcome. Contact jewelheart.org/free-weekly-virtual-programs, 734-994-3387, or email programs@jewelheart.org.

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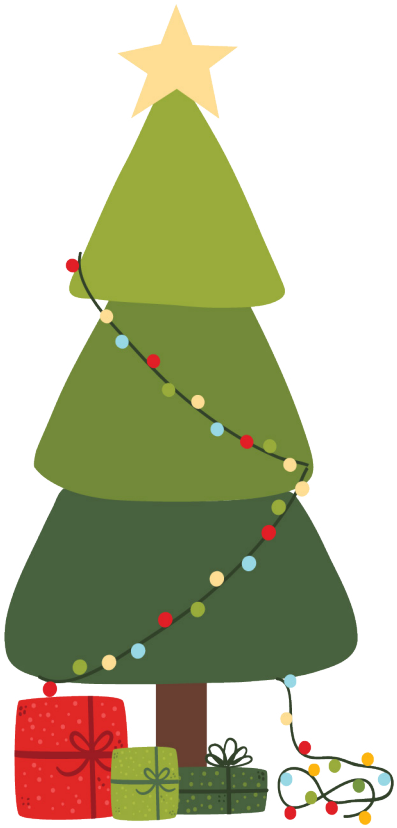


Meditation continued

Applying Vipassana in Daily Life and Seeing Its Progression Along the Path with Celeste Zygmont • Monthly, First Mondays: January 3, February 7, March 7, April 4, May 9 • 7 - 8:30 p.m. • This class is designed for those who are dedicated to deepening their experience of the Dharma and moving further along the path. Exercises are offered which are informed by Celeste's nearly 30 years of Vipassana study and practice under Aaron and Barbara. Suggested donation: $75-$250. Contact om@deepspring.org, 734.477.5848; deepspring.org.

Putting Out the Nervous System's Fire: Meditations for Coping in Crisis with Amy Hertz • Weekly Fridays: January 7 - April 29 • 4 - 5 p.m. • Settling the mind is tough in the best of times, but when we are hit with circumstances that change our reality, getting access to that part of ourselves that can think clearly and problem solve becomes nearly impossible. Using the breath, writing exercises, and guided meditations, we'll explore ways to calm the body's threat response and regain balance. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org/free-weekly-virtual-programs.

Movement and Meditation Class Facebook Live with Trevor Chaitanya Eller • Weekly Fridays, starting January 7• 12 – 1 p.m.; or Saturdays, starting January 22 -, 9 - 10 a.m. • Movement and Meditation classes are a mix of gentle yoga and Chinese cultural exercises used as preparation for meditation. Triple Crane Retreat Center uses active exercise practices as a means to prepare for and deepen longer meditation sitting sessions. Donation. Contact Kamakshi at Office@TripleCraneRetreat.org, 734-713-6163; TripleCraneRetreat.org or facebook.com/triplecraneretreat.

Day of Mindfulness with Esther Kennedy, O.P.—Take a Fresh Look • January 8 • 10 a.m. • Come and See, Take a Fresh Look. As we begin this year of 2022, let us continue together on the path of awakening. We come with fresh enthusiasm to embrace the truth of who we are, as best we know our becoming. Our meditation practice can open us to see clearly our bodies, our hearts, our mind and our whole world. We practice to develop a wise and compassionate way to relate to the suffering and beauty of it all; to see for ourselves a deeper truth to life and to grow more free. For more information contact webercenter@adriandominicans.org.

Vipassana and Pure Awareness with John Orr • Wednesdays, January 12, 26, February 9, 23, March 9, 23, April 6, 20, May 11, 25, June 8 • 7 - 9 p.m. • The focus in this class is with deepening of Vipassana (Insight Meditation) and Pure Awareness. This class is for practitioners who already have the basics of Insight meditation and have the ability to be mindful in daily life situations. Suggested donation: $165-$550. Contact om@deepspring.org.

Path to the Awakened Heart: The Yoga Sutras of Pantanjali with Robert Jacobs • Thursdays, January 13, 27, February 10, 24, March 24, April 7, 21, May 5, 17 • 7 - 8:30 p.m. • This class will explore the Yoga Sutras of Patanjali, an ancient text that is a guidebook for walking almost any spiritual, non-dual path. We will consider the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Suggested donation: $150-$450. Contact om@deepspring.org, 734.477.5848; deepspring.org.

Cultivating Mindfulness: An Introduction with Libby Robinson, Ph.D., MSW • Saturday, January 15 • 2 - 4:30 p.m. • In this virtual class, participants will be introduced to the concept of mindfulness, the research on its benefits, and several practices—both meditation and informal mindfulness practices, that we can carry out during daily life. The session concludes with information on options for deepening one's mindfulness practice. Free. Contact Libby Robinson, 734-476-3070, libbyrobinson7@gmail.com; libbyrobinsonmindfulness.com.

Myriad of Meditations (7 classes in the series) with Karen Greenberg • Sundays: January 16, 23, 30, February 6, 13, 27 • 10 a.m. - 12:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you. Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. $25 per class. Contact 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

Reflective Meditation for Worriers via Zoom with Erica Dutton • Tuesdays, January 18 - February 15. • 6 - 7:30 p.m. • This series of classes will teach you a unique combination of mindfulness, insight, and awareness practices called Reflective Meditation. You will learn how to work with your worry through creativity, gentleness, and curiosity. This form of meditation allows for thoughts and uses them for insight into how your mind works. These insights will help you see how habit patterns, like worrying, develop, are maintained, and gradually fade. Patterns such as worrying are complex, often lifelong, and

won't disappear overnight, but with gentle awareness, support, and exploration, worry can become less of a problem. $65 - $150. Contact Erica Dutton, 734-417-4385, eld0306@yahoo.com; ericadutton.com. Contact Erica Dutton at 734-417-4385; ericadutton.com.

Mindfulness-Based Stress Reduction via ZOOM with Libby Robinson, Ph.D., MSW • January 22 – March 19 • 2 - 4:30 p.m. • Mindfulness-Based Stress Reduction is the original mindfulness class developed by Jon Kabat-Zinn in the late 1970s at the University of Masachusetts Medical Center. It has been researched extensively and is associated with reductions in stress, anxiety, pain, depression, substance use, and increases in immune responses, attention, working memory, cognitive flexibility, psychological well-being, relationship satisfaction, and enhanced cognitive functioning. It is an 8-week class, meeting for 2.5 hrs/week, with a 4-hr retreat between classes #6 and #7. $300 (scholarships available). Contact Libby Robinson at 734-476-3070, libbyrobinson7@gmail.com; libbyrobinsonmindfulness.com.

Movement and Dance

Zoom Ann Arbor / Toledo First Friday Dances of Universal Peace with Judith L. Trautman and Elizabeth Rand • Monthly, First Fridays: January 7, February 4, March 4, April 1 • 7 - 8:30 p.m. • Online dance instructions and music for meditation and dancing at home. Donation. Contact jltrautman@sbcglobal.net, sites.google.com/view/a2-toledodup/home.

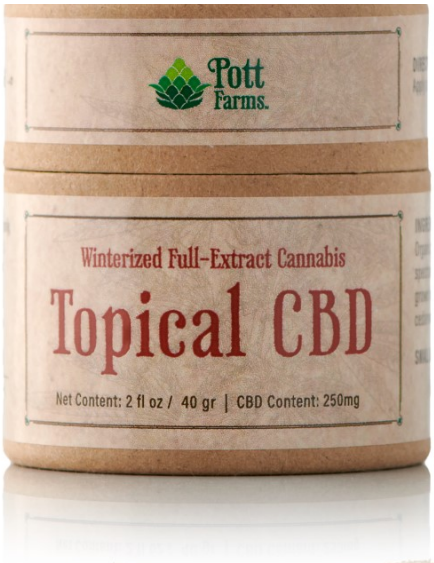
Sacred Sound Journey with Victoria Schon • January 8, 26, February 12, 23, March 12, 23, April 27 • 6 - 7:15 p.m. • Join Victoria for this deeply restorative sound journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming, and other sacred sound instruments. She begins with guided meditation and relaxation techniques to expand one's ability to find equilibrium and harmony at the cellular level. Experience a deeper meditative state, thus opening a portal of creativity and connection to inner wisdom during and following her sound journey. $40. Contact victoriaschon.com/event-calendar.

Café 704 with Marlena Studer and Steve Ragsdale • Saturday, January 8 • 7 - 9 p.m. • Jazz stylings $10. Contact Interfaithspirit.Org/Events.

Singing for Comfort via Zoom with Interfaith Center for Spiritual Growth • Monthly, Second Thursdays: January 13, February 10, March 10, April 14 • 7 - 8:30 p.m. • Please join us for music and song. Pay what you can, no one turned away. Contact Interfaithspirit.Org/Events.

Concert: music, poetry and storytelling with Angelo Pecora and Gus; The Louse Crick Loosely Strung Band • Saturday, January 22 • 7 - 9 p.m. • Music, poetry, and storytelling. $20. Contact lighthousecenterinc.org.

Sound bath Meditation with crystal bowls and music with John Steinbauer • Monthly, 4th Friday: January 28-- • 7 - 9 p.m. • Crystal Bowls with music concert meditation. $20. Contact lighthousecenterinc.org.



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Nutrition & Food Medicine

Fl!p Your K!tchen® The Kitchen Sessions with Liza Baker, INHC • 44563 Monthly, First Sundays: January 2, February 6, March 6, April 3 • 10 a.m. - 12 p.m. • Curious about what it's like to meal plan and prep for the week? Come into my (virtual) kitchen and follow along! On the first Sunday of every month, we'll spend some time cooking together—on Zoom—and talking about whole foods nutrition and meal planning. Each session can stand alone, or you can take them as a series. $20 + processing fees. Contact liza@simply-healthcoaching.com.

Personal Growth

Mood Lifters Mental Wellness Group with Patricia Deldin, Ph.D, Founder and Peer Leader • 15 Weeks: Tuesdays, January 11 – April 19 • 7 p.m. • Mood Lifters consists of weekly group meetings in which peer leaders teach a series of science-based strategies that improve mood, relationships, and well-being. During the program you will have multiple opportunities to practice, reinforce, and perfect the strategies with the support of both leaders and fellow participants. A second group will be a distinct group that will begin its own separate series of weekly meetings Thursdays 2/10 to 5/19. $200/15-week series, online. Contact info@mood-lifters.com.

The Enneagram and Development via Zoom with Ronda P Diegel • Monthly, Second Wednesdays: January 12, February 9, March 9, April 13 • 7 - 9 p.m. • Explore child and adolescent development through the lens of the Enneagram. Each month a different Enneagram type will be featured. Each meeting includes a brief lecture, meditation, panel interview of the featured Enneagram-type, and a community check-in. Meetings are held on Zoom. $20 per meeting. Contact Ronda Diegel at drrondadiegel@comcast.net, 248-730-0597.

Healthy Boundaries with Karen Greenberg • Sunday, January 30 • 1 - 5:30 p.m. • Learn how to define "Healthy Boundaries" for and with yourself, how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. $77. Contact Karen Greenberg 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

Reiki

Shoden Reiki Level I Certification with Courtney Fitzpatrick • Friday, January 21 - January 23 • Times vary • The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy." Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" at this first level, and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. It comprises 15 hours of training. $195 early bird until December 20 or $215 after. Contact courtney@veraposeyoga.com.

Advanced Reiki III Master Class with Alicia Clark-Teper • February 7 and 10th • 10 – 5 p.m. • Honor the commitment of Reiki in your life by taking your Reiki to the next level. Chakra clearing, more symbols, activations, attunements and healing techniques included. Must have proof of Reiki II for 6 months. $333. Contact Alicia Clark-Teper at 734-945-5396, sacredlotusexperience@yahoo.com; SacredLotusExperience.com.

Retreats

1 - Day Long Meditation Retreats with Master Zhong Hai (Winnie) • Monthly, Every Second and Fourth Sunday beginning January 23 • 10 a.m. - 6 p.m. • These 1 Day Long Meditation Retreats will have an alternating schedule of Yoga, Gung Fa Chinese Exercises, Walking, Standing and Sitting Meditation with a Traditional Chinese Ceremony midday. Students are welcome to attend full or half day as well as on Zoom or in person. Suggested Donation $50-$100. Contact Kamakshi at Office@TripleCraneRetreat.org, 734-713-6163; TripleCraneRetreat.org.

Shamanism

Journeying Circle with Judy Liu Ramsey via Zoom • Monthly, First and Third Thursdays: January 6, 20, February 3, 17, March 3, 17 • 7 - 8:30 p.m. • Spiritual exploration and healing through shamanic journeying. The circle meets to explore a specific topic and to offer healing energy to self, to community, and to the world. Knowledge of shamanic journeying is required. $25 per session or $40 per month. Contact Judy Ramsey at ramsey.judy003@yahoo.com; JudyRamsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey via Zoom • Saturday and Sunday, January 8 - 9 OR April 9 – 10 • 9 a.m. - 3 p.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. $150. Contact Judy Ramsey at ramsey.judy003@yahoo.com; JudyRamsey.net.

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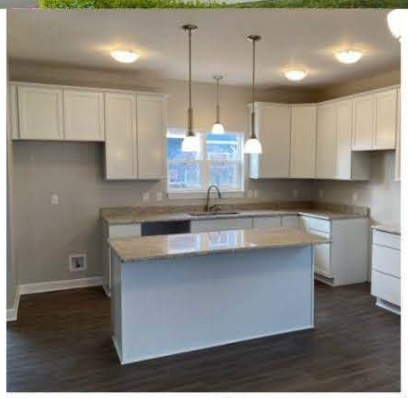

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Shamanism, continued

Creating a Sacred Protected Space: Shamanic Personal Safety with Judy Liu Ramsey • Saturday, January 15 • 9 a.m. - 3 p.m. • Learn how to set up your sacred space, reinforcing it so that your shamanic practice provides you with the protection you need. Discover why you need protection when you practice, and how to clean unwanted energy from yourself and the space. Knowledge of shamanic journeying is required. $80 per person. Contact Judy Ramsey at ramsey.judy003@yahoo.com; JudyRamsey.net.

Spiritual Development

Interfaith Sunday Service with Interfaith Center for Spiritual Growth • Weekly Sundays, January 2 - April 24 • 10:45 a.m. - 12: 15 p.m. • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but all donations gratefully accepted. Visit interfaithspirit. org.

Metaphysics for All of Us with Mary Alice Truitt • Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m. • Explore metaphysics via Zoom. $Free, but donations gratefully accepted. Visit interfaithspirit. org.

Sufi Class via Zoom with Imam Kamau Ayobbi • Tuesdays, January 11 - April 26 • 6:30 - 8 p.m. • A Sufi class via Zoom. $5-10 per class. Contact 734-327-0270; Interfaithspirit.Org/Events.

Lightworker Activation with SANDYA - Sandra Shears • Wednesdays • 7 - 9 p.m. • As a Lightworker or World Server you have incarnated at this time in order to facilitate the transition into the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Includes energy adjustment, activation, and sound attunement. $100 per month prepaid - requires on going commitment. Contact sandya2033@yahoo.com.

Science of Mind Study Group via Zoom with Janet Somalinog and Ray Fix • January 12, 26, February 9, 23, March 9, 23, April 13, 27 • 7 - 8:30 p.m. • Please join us for a group study of The Science of Mind by Ernest Holmes. Free. Donations welcome. Contact Interfaithspirit.Org/Events.

The 11 Universal Laws with Heather Schram • Saturday, January 15 • 1 - 3 p.m. • The Spiritual laws help you to understand how the Universe communicates with you, help you to see your struggles and patterns in a clear light, provide you with tangible ways to utilize the laws in real life, enable you to recognize why you are here, in this lifetime, and allow you to have better clarity regarding both external and internal struggles. Receive explanations and ways that you can utilize your knowledge in your day-to-day. $45. Contact Mara Evenstar at evenstar.institute@gmail.com; evenstarschalice.com/courses.

Lightworker Development with SANDYA - Sandra Shears • Mostly Third Fridays beginning January 20 • 7 - 9 p.m. • Group lightwork with current spiritual, astrological, and energy events—includes energy adjustment and activation with sound attunement. $100 per month prepaid, requires an ongoing commitment. Contact sandya2033@yahoo.com; sandya-sandrashears.com.

Midrash Study with Karen Greenberg • Monthly Fridays: January 21, February 25, March 18, April 29 • 2:30 - 5:30 p.m. • The written version of the Old Testament (Torah) tells a story—the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. $180 per month for the monthly study (one 3-hour session per month); $180 per month for the bi-monthly study (two 1½-hour sessions per month); $180 per month for the weekly study (approximately four 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

Stress Management

A Course In Mindful Living: Relax, Play, Connect, Grow! with Andrea Weid • Thursdays, January 13, 20, 27, February 3 • 5:30 - 7 p.m. • Relax, Play, Connect and Grow! is a 4-week course based on the teachings of Elisha Goldstein, PhD and includes highlights from the ACIML 6-month mindfulness coaching program. We integrate science, wisdom, and reflection into the teachings and exercises. It will focus on relaxing our bodies, minds, and nervous systems, playing more, connecting to ourselves and others with intention, and growing a mindset that fosters embracing change, our selves, and helps transform our lives. We will learn four meditations and share our experiences. $217.00. A few Pay What You Can and scholarship slots available. Contact Andrea Weid at oncesmallchangecoaching@gmail.com; onesmallchangecoaching.com.

Tai Chi, Martial Arts, and Self Defense

Chen Tai Chi Chuan with Joe Walters • Monday and Thursdays 4 p.m., Saturdays beginning January 1, 3 p.m. • Instruction in Chen style tai chi chuan—a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness. Free. Contact annarbortaichi@gmail.com; annarbortaichi.com.

Classes in Wu style Tai Chi Chuan with Sifu Genie Parker • Multiple days and times beginning Wednesday, January 5 • 7 - 8:30 p.m. • Wu Style Tai Chi Chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. Pricing varies. Contact Deirdre Moore, info@wustyle-annarbor.com; wustyle-annarbor.com.

Beginner Tai Chi with Master Wasentha Young • January 10 - April 14; Mondays, 10 - 11:15 a.m. and/or Thursdays, 6 - 7:15 p.m. • The T'ai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form focuses on self-cultivation, integrates both physical and mental energy mechanics, promotes relaxation, and builds a sense of presence and awareness. All classes will be "Zoomed" (recordings made available) and optional in-person. Maximum students allowed on-site is 9 plus the instructor. $195. Contact info@peacefuldragonschool.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays, beginning January 12 • 7 - 9 p.m. • All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. All sessions are virtual and accessible through Zoom. Free. Contact Edward Morin at 734-668-7523.Email cwpoetrycircle@gmail.com for Zoom link. cwcircle.poetry.blog.

Crazy Wisdom Featured Readers with Mary Minock, Ron Koertge, Margaret Rozga, and Colby Cedar Smith • Monthly, Fourth Wednesdays • 7 - 9 p.m. • Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Free. Contact Edward Morin at 734-668-7523 or cwpoetrycircle@gmail.com.

Sit. Stop. Write. –Zen and Poetry with Dmitry Berenson • January 23, February 27, March 27, April 24 • 1:15 - 2:45 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations welcome. Contact 248-202-3102, jissojizen@gmail.com; jissojizen.org.

Simple Lifelines: Paths Into Stories of the Self with Cindy Guillean • Wednesdays, February 2, 9, 16 • 9 - 11 a.m. or 6:30 - 8:30 p.m. • In this exploratory course, we will use simple lifelines, multi-genre crots, and multi-lifeline visual structures to deepen our awareness of the stories that make up our lived experiences. There will be opportunities to share our processes, insights, and reflections as we discover what stories wish to emerge and how they create sacred meaning in our lives. $120. Contact Mara Evenstar, evenstar.institute@gmail.com, https://evenstarschalice.com/courses.

Yoga

Warior's Journey II: Bhuta Shuddi with Abhi Durga Devi and David Shiva Das • Monthly, 1st Sundays (12 sessions) Live and Zoom • 11 a.m.- 12:30 p.m. • A year long journey through purification of the Elements + Chakras. $1700. Contact Abhi Durga Devi at 248-797-0466, LoveDurgaDevi@gmail.com; houseofyogavirtual.com/p/warrior-s-journey-ii-bhuta-shuddi.

Online Morning Practice—Yiquan + Tao Yin Qigong with Steven Sy • Wednesdays: January 5 - March 2 • 7:30 - 9 a.m. • 20 min Yiquan standing meditation + 55 min Tao Yin Qigong (floor stretching exercises). Identical practice weekly for 9 Wednesday mornings with repetition to learn the practice. Short Q/A after each session to deepen understanding of the practice. No prerequisites. $99. Contact Steven Sy at 517-295-3477, steven@spiritualtao.com; spiritualtaoworkshops.com.

Compassionate Yoga with Mary Seibert • Thursdays beginning January 6 • 4:15 - 5:30 p.m. • Remote classes. Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale prices. Contact Mary at 734-323-2520, compassionateyoga@outlook.com; compassionateyoga.info.

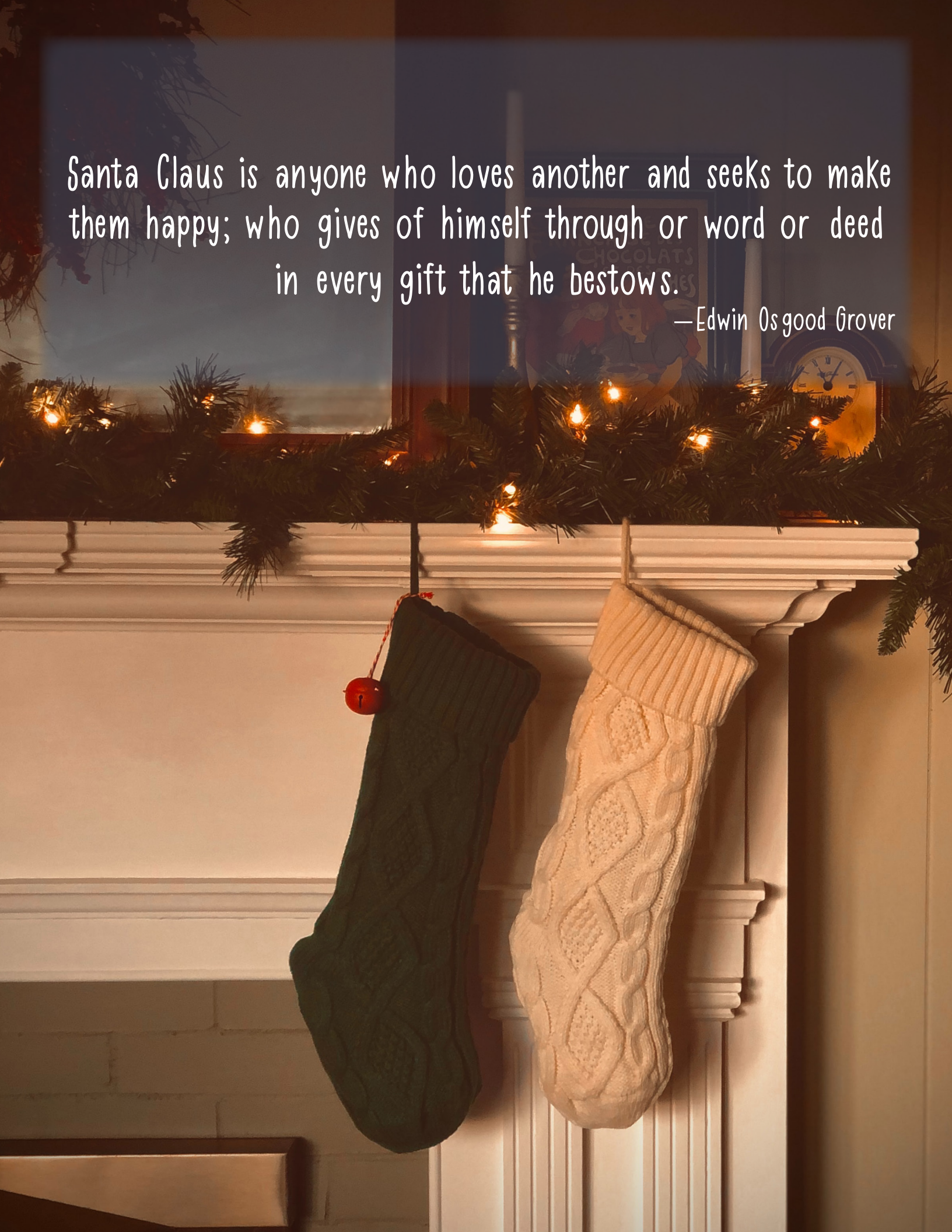
Mindful Yoga for Resilience via Zoom with Julie Woodward, MSW RYT-200 • Weekly Thursdays beginning January 6 • 6 - 7:30 p.m. • Weekly yoga classes offer students a focus on gentle movement, breathing, and meditation practices to cultivate greater resilience. Students learn practices to calm anxiety, energize a low mood, soothe isolation, shift habits of body/mind and experience greater compassion for self and others. An adaptation of the Mindfulness-Based Stress Reduction Program, this class assists participants in exploring the core foundations of mindfulness through direct experience of yoga practices. Designed to support people in developing the skills to stay centered even in times of turmoil, this class is suitable for beginners and experienced students alike. 8-week sessions repeat seasonally. $104. Contact Julie at jawh@comcast.net.

Iyengar Yoga with David Rosenberg • Mondays beginning January 10 • 6 - 7:30 p.m. • Join us either online or in-person for a class of invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. 10 class session = $129. Contact 734-646-4195, massage4@aol.com; aarecedonline.com.

Intro to Yoga - A 6 Week Course with Michele Bond • Mondays, January 10- February 14 • 6 - 7:30 p.m. • A fun and effective alignment-based yoga course to release what holds us back, gain strength and flexibility, improve balance and posture, feel happier and less stressed, prevent and heal injuries, and cultivate physical and emotional resilience in the face of life's challenges. $90. Contact Michele Bond at 734-358-8546, michele@yogahouseannarbor.com; yogahouseannarbor.com.

Open Level Yoga with Michele Bond • Starting January 9 through March, Tuesdays at 6 p.m., Saturdays at 10 a.m., Sundays at 4 p.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. $15 if registered for the semester. $20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546, michele@yogahouseannarbor.com; yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • Starting Wednesday January 12 through March • 6 - 7:30 p.m. • Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. $15 if registered for the semester. $20 drop in with instructor's permission. Contact Michele Bond 734-358-8546, michele@yogahouseannarbor.com; yogahouseannarbor.com.


Santa Claus is anyone who loves another and seeks to make them happy; who gives of himself through or word or deed in every gift that he bestows.
—Edwin Osgood Grover